

# W. L. Stephens Pool Schedule

March  
16-21

MONDAY		
Lap Swim 6:00 am – 4:00 pm 7:30 pm – 8:45 pm	6:00 am - 8:00 am	Lap Swim
	8:00 am – 8:45 am /9:00 am – 9:45 am	Water Fitness / Lap Swim *
	10:30 am – 11:15 am	Arthritis Fitness
	4:00 pm – 6:30 pm	Swim Team / <b>No Lap Swim</b>
	6:30 pm – 7:15 pm	Water Aerobics / <b>No Lap Swim</b>
	7:30pm – 8:45 pm	Lap Swim
TUESDAY		
Lap Swim 6:00 am – 4:00 pm 7:30 pm – 8:45 pm	6:00 am - 8:00 am	Lap Swim
	8:00 am – 8:45 am /9:00 am – 9:45 am	Water Fitness / Lap Swim *
	4:00 pm – 6:30 pm	Swim Team / <b>No Lap Swim</b>
	6:00 pm – 8:00 pm	Swim Lessons
	6:30 pm – 7:15 pm	Water Aerobics / <b>No Lap Swim</b>
	7:30pm – 8:45 pm	Lap Swim
WEDNESDAY		
Lap Swim 6:00 am – 4:00 pm 7:30 pm – 8:45 pm	6:00 am - 8:00 am	Lap Swim
	8:00 am – 8:45 am /9:00 am – 9:45 am	Water Fitness / Lap Swim *
	10:30 am – 11:15 am	Arthritis Fitness
	4:00 pm – 6:30 pm	Swim Team / <b>No Lap Swim</b>
	6:30 pm – 7:15 pm	Water Aerobics / <b>No Lap Swim</b>
	7:30pm – 8:45 pm	Lap Swim
THURSDAY		
Lap Swim 6:00 am – 4:00 pm 7:30 pm – 8:45 pm	6:00 am - 8:00 am	Lap Swim
	8:00 am – 8:45 am /9:00 am – 9:45 am	Lap Swim / Water Fitness *
	4:00 pm – 6:30 pm	Swim Team / <b>No Lap Swim</b>
	6:00 pm – 8:00 pm	Swim Lessons
	6:30 pm – 7:15 pm	Water Aerobics / <b>No Lap Swim</b>
	7:30pm – 8:45 pm	Lap Swim
FRIDAY		
Lap Swim 6:00 am – 4:00 pm	6:00 am - 8:00 am	Lap Swim
	8:00 am – 8:45 am /9:00 am – 9:45 am	Water Fitness / Lap Swim *
	10:30 am – 11:15 am	Arthritis Fitness
	4:00 pm – 6:30 pm	Swim Team / <b>No Lap Swim</b>
SATURDAY		
Lap Swim 9:00 am – 3:45 pm	9:00 am – 3:45 pm	Lap Swim
	9:00 am – 10:00 am	Water Fitness

\*Limited Lap Lanes Available